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## (54) WATER CONTENT ADJUSTOR FOR FOODS

(57)Abstract:

PROBLEM TO BE SOLVED: To obtain a water content adjustor comprising trehalose as an active ingredient, having low sweetness, not damaging characteristic color, luster, flavor, texture, etc., of a food, improving self stability by reducing water activity of a food and preventing water release of a food.

SOLUTION: This water content adjustor for foods comprises trehalose as an active ingredient and is added to Japanese-style confection, western-style cakes, pastes, jams, syrups, sugar confections, pickles, tofus, konjaks, animal meat products, etc., especially a gelatinous food required to have  $\leq 0.88$  water activity.